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NEWS WORTH SHARING.

## Even virtual worlds aren't safe from the NSA

U.S. and British intelligence operations are spying on gamers, reports say PAGE 12

## Dad appeals for help after U.K. tourist vanishes

New tips are sought in the disappearance of Tom Billings PAGE 3

## Year's top flick? Who knows

L.A. critics are split between Gravity and Her, adding more doubt to an uncertain awards season PAGE 15

## NOTE TO SELF: LEAVE AIRING OF GRIEVANCES FOR FESTIVUS

AUTHOR GIVES TIPS ON HOW TO SHINE AT YOUR OFFICE HOLIDAY PARTY PAGE 21

Olympic Village residents say they've been without heat at the Kayak building on Walter Hardwick Avenue since the start of Vancouver's cold snap. EMILY JACKSON/METRO

# Olympic Village residents steamed over lack of heating

**System failure.** Neighbourhood energy utility built to recapture, redistribute heat from sewage

Baby, it's cold inside the Olympic Village.

A problem with the much-lauded heating and cooling system in the buildings constructed for the 2010 Winter Games has left some residents without heat since the beginning of Vancouver's cold snap, condo owner and resident Tomasz Rutkowski said Monday.

It's nearly freezing at 6 C in Rutkowski's two-bedroom apartment in the Kayak building at 77 Walter Hardwick Ave., where his five-year-old son has been walking around and sleeping in a winter jacket.

Rutkowski reported the problem a few times to the property manager and strata council, but said he was told that the system is "just a weak" one.

"They just told us, 'Buy portable heaters,'" he said. "This is supposed to be environmentally friendly."

Rutkowski alerted management again on Sunday after discovering the main supply pipe was cold. Only then did they post a notice, he said.

"These are high-price suites; we should have at least heat during the coldest months," he said. Two-bedroom condos in the building start at $750,000, according to real-estate listings.

Rutkowski wants to pressure the managers to properly maintain the buildings, for which taxpayers still owe about $300 million after the city was forced to bail out the developers who couldn't fund the project during the recession.

The strata council would not comment on the situation, nor would FirstService Residential strata manager Daren Sello confirm how long residents have been without heat. He scoffed when asked if it has been out all winter.

The strata and property managers are, however, working with receiver Ernst and Young. E&Y connected them with consultants who helped design the original system, said receiver spokeswoman Lesli Boldt.

"They know it's cold right now and of course want to help the strata resolve these issues quickly," Boldt said in an email, adding the problem could be resolved as early as Monday night.

The strata council is responsible for costs associated with maintaining the heating system, so taxpayers won't be on the hook for this round of Olympic Village problems.

EMILY JACKSON/METRO

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# Father of missing U.K. tourist pleads for help

**Search.** North Shore Rescue and the military conducted a 'massive' sweep of Grouse Mountain and the Lynn Valley area after a tip

The father of a 22-year-old British tourist believed to have gone missing while hiking in the North Shore mountains two weeks ago made an emotional plea Monday for any new tips, no matter how small, that could help find his son.

Tom Billings, who was an experienced solo world traveller, was last seen around 9 a.m. on Nov. 25. His father, Oxford lawyer Martin Billings, said Tom had recently talked about going hiking and looked up various trails on his computer.

"We think that Tom could be out there somewhere. Hopefully he's holed up somewhere in a warm place and someone has seen him who can pass some information on," said Billings, who travelled to Vancouver to meet face-to-face with detectives.

"He didn't like spending money, so he would have got a bus, and then walked from wherever the nearest bus could get him to, to a trail."

North Shore Rescue and the military conducted a "massive" sweep of Grouse Mountain and the Lynn Valley area, he said, after getting a tip from a woman who thought she saw him at Delany's Coffee House on Lynn Valley Road.

Another man reported he might have seen the young hiker wearing a backpack at the top of Grouse Mountain, but that seems unlikely because Tom had left his backpack at the house where he was staying on Broadway near Commercial Drive.

Missing U.K. tourist Tom Billings
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Sgt. Randy Fincham said rescue crews are now looking at expanding their search east along the Baden Powell Trail toward Deep Cove, and west toward Lion's Bay.

"At this point, no tip is too small for us," he said.

Billings said he would be returning to England Monday night to be with his "very distraught" wife and their two daughters.

"The things that have gone through my mind are, in many ways, too horrible to mention. I can't deny that," he said.

"I think that the most likely thing is that he got into trouble somewhere on a mountain, and from there on, I don't know."

Anyone with information is asked to contact their local police.

KATE WEBB/METRO

## Battle to decriminalize pot continues

Sensible B.C. director Dana Larsen delivers boxes of 202,037 signature sheets from his Cannabus to Elections BC in Victoria on Monday. Larsen was short about 100,000 signatures, but plans to launch another petition in 2015, ahead of the federal election in an effort to decriminalize marijuana.

CHAD HIPOLITO/THE CANADIAN PRESS

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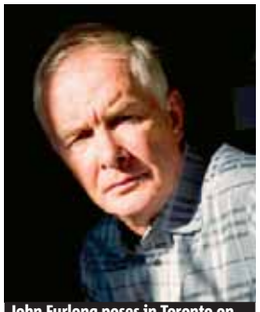
# Libel case. Reporter asks for $100,000 security from ex-Olympic CEO

A freelance journalist who wrote an article alleging former Vancouver Olympic CEO John Furlong verbally and physically abused British Columbia students in the 1960s and '70s asked a judge Monday to force Furlong to put up $100,000 to prove he can pay legal costs if he loses.

The procedural application, which relied on a rarely used section of law that has only been used twice in more than a century, largely focused instead on what Robinson's lawyer described as the "bitter" feud between the pair.

Laura Robinson wrote an article for the Georgia Straight newspaper published in September 2012, quoting several people who claimed to have been taught by Furlong in Burns Lake, B.C., and Prince George, B.C., in the late 1960s and early 1970s. The former students were quoted alleging Furlong verbally and physically abused them.



John Furlong poses in Toronto on Oct. 29. THE CANADIAN PRESS

Furlong immediately denied any wrongdoing and subsequently sued Robinson and the newspaper for libel. He recently dropped the Georgia Straight as a defendant and has promised to "escalate" his legal action against the reporter.

The judge is expected to rule on the application on Tuesday morning.

THE CANADIAN PRESS

# Trial. Kamloops man denies shooting, burying two men on his property

A man accused of shooting two men and burying them on his Kamloops property five years ago told a jury he didn't kill the men.

Roy Fraser, a 56-year-old roofer, is accused of first- and second-degree murder in connection to the deaths of Kenneth Yaretz Jr. and Damien Marks.

Fraser told his murder trial he doesn't know who committed the murders or why the men were buried on his property.

He told the court he grew and sold marijuana, which led a friend to introduce him to Yaretz, who was interested in setting up his own marijuana grow operation.

Fraser testified that he had a good relationship with Yaretz, but that the man had borrowed his truck without returning the vehicle.

Court previously heard Yaretz was associated with the Independent Soldiers gang and had signed Fraser's pickup truck over to a Kelowna gang to cover a debt.

THE CANADIAN PRESS

Kamloops murder

## Man arrested in three-year-old stabbing case

Mounties in Kamloops say a murder charge has been laid in connection to the death of 23-year-old Archie LePretre in March 2011.

Police say 24-year-old Travis Johnny was arrested on Friday and faces a murder charge.

Police said at the time of LePretre's murder it had gang ties. THE CANADIAN PRESS

No injuries

## Tanker truck rolls over into ditch

A hazardous material team is at the Alaska Highway in northeastern British Columbia after a tanker truck carrying over 60,000 litres of gasoline rolled into a ditch.

RCMP Cpl. Jodi Shelkie says a cap at the top of the vehicle was opened, causing an unknown amount of gasoline to spill by the community of Wonowon, B.C., last night. THE CANADIAN PRESS

A ferry sails from Tsawassen in this July 2007 file photo. JEFF HODSON/METRO FILE

# BC Ferries issues RFP for three LNG ferries

**To run on liquefied natural gas.** Seaspan Vancouver Shipyards among those invited to compete for contract

MATT KIELTYKA
matt.kieltyka@metronews.ca

BC Ferries' three newest vessels will be powered by liquefied natural gas, according to its request for proposals issued Monday.

Five pre-qualified shipyards (including Seaspan Vancouver Shipyards) have been invited to compete for the contract to replace the 48-year-old Queen of Burnaby and the 49-year-old Queen of Nanaimo.

Both ships are expected to be retired in 2016.

BC Ferries wants the three intermediate-class ships to be able to operate on both LNG or marine diesel oil.

It says the price advantage of adopting LNG is 50 per cent better than marine diesel oil based on today's market, and claims using natural gas is more environmentally friendly by cutting carbon emissions by 25 per cent.

Fiskerstrand Blrt As (Norway), Flensburger Schiffbau-Gesellschaft mbH & Co. KG (Germany), Remontowa Shipbuilding S.A. (Poland) and Sefine Shipyard (Turkey) are the other pre-qualified shipyards issued RFPs.

"Seaspan is excited to explore next steps in this open, active procurement process, but we are not at liberty to discuss any further details at this point as it would put us at a disadvantage," said a Seaspan spokesperson in an email. "In the meantime, it is business as usual at Seaspan, and the work we do for the federal government remains a major priority for us."

The RFP closes at the end of February.

**Timeline**

**BC Ferries expects to award the contract in the spring of 2014, with the goal of having the two 145-vehicle ferries in service in 2016 and the 125-vehicle third ferry in service the following year.**

# Police dog injured with scissors during arrest

Vancouver police service dog Shack COURTESY VPD

A 31-year-old Burnaby man suspected of driving a stolen van is facing several charges after he allegedly injured a police dog while officers were trying to arrest him on Sunday night.

Police followed the man as he drove east on East Hastings Street until they were able to box him in near Victoria Drive.

The suspect allegedly refused to follow their instructions so they sicced their dog, Shack, on him. The suspect then allegedly grabbed a pair of scissors and attacked the dog.

Shack's handler jumped in to protect him from being stabbed. The dog was taken to the veterinarian and treated for an abrasion on his nose. One officer suffered a dislocated finger.

The suspect, who is known to police, was treated for dog bites and taken to jail. He faces several charges, including a charge for intending to harm a service dog.

This isn't Shack's first brush with death. He was in a car crash in April at Main and Terminal, but special side airbags that the force had installed to protect the kennel area saved his life. KATE WEBB/METRO

# B.C. bird watchers getting eager for eagles

**'A West Coast experience.'** Lower Mainland residents just a short drive from an 'unbelievable' sight

MATT KIELTYKA
matt.kieltyka@metronews.ca

The eagles have landed.

Bird watchers and nature lovers are salivating over early reports that this year's salmon return in the Squamish, Cheakamus and Mamquam rivers look strong.

Every year, the fish serve as an ample supply of food for majestic bald eagles, which in turn attract photographers and bird spotters in droves to parks like Brackendale Eagles Provincial Park from mid-December to mid-January.

"Talk about a West Coast experience. It's one of those things everyone should see at least once in their life," said Rob Butler, board director of the Nature Trust of British Columbia. "When you look at the trees, they're like a candelabra of 30 or 40 eagles while others are feeding along the river. It's unbelievable to see."

**Quoted**

**"It really speaks to their recovery, the numbers have really picked up starting the '80s and '90s."**

Rob Butler, board director of the Nature Trust of British Columbia

With one of the largest groups of bald eagles in North America on its doorstep, Lower Mainland residents are just a short drive from seeing one of the most stunning spectacles nature has to offer — especially during the Winter Eagle Festival and Count in January.

Volunteers counted 804 eagles during the 27th annual Brackendale eagle count earlier this year. That number was up from 655 eagles the year before, but significantly under the all-time world record of 3,769 eagles in 1994.

The dip is attributed to the fall of salmon stocks, but Butler says the numbers remain strong considering the eagles themselves — now extremely protected — were fending off extinction a few decades ago.

The Tourism Squamish website has a page devoted to eagle watching, with tips and an interactive map of viewing spots.

A bald eagle sits on a log at Brackendale, B.C., in 2008. JEFF HODSON/METRO FILE

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# Burnaby residents to have their say on Brentwood Town Centre

It's just the first phase of a mega-project to redevelop the Brentwood Mall, but Burnaby residents are getting ready to give city council an earful at a public hearing Tuesday night.

Residents who are especially concerned about the scope of the Brentwood Town Centre development — Shape Properties proposed towers up to 70 storeys tall — will attend the rezoning for the less controversial, commercial aspect of the development to urge council to keep it at a "human scale."

While the towers aren't on the agenda Tuesday, nearby residents are waiting to hear how the city will manage traffic in the area.

Cherie Moses, a part of a traffic-calming group on Graveley Street, says it's crucial for the city to address the increased traffic destined for the mall and SkyTrain station on her residential strip so pedestrians aren't hurt.

The original plan didn't address her narrow street, north of the centre, which is already so congested during rush hour that cars often get dings and scratches. While her group understands the redevelopment will go through at some scale, it hopes the city will come up with a traffic-calming solution that will maintain safety despite the influx of thousands of residents.

"In their minds, people are going to be at these transit hubs and they're not going to be driving so much — well, dream on," Moses said. "All these places will have parking garages, these shoppers will have vehicles."

Council has approved of the concept of the decades-long project, called a "crown jewel" by one councillor.

EMILY JACKSON/METRO

A rendering for phase one of the Brentwood Town Centre redevelopment in Burnaby. CONTRIBUTED

# ‘This project will affect our treaty rights’

**Hydroelectric dam.** Treaty 8 Nations welcome Site C review panel with symbols of the land

Environmental review hearings got underway Monday into B.C. Hydro’s proposed Site C hydroelectric dam on the Peace River. PEACE VALLEY ENVIRONMENT ASSOCIATION/THE CANADIAN PRESS

Environmental review hearings into the massive Site C hydroelectric dam proposed by BC Hydro began Monday with a welcome to panel members from area First Nations and a reminder for them to listen with their hearts, not just their heads.

Dozens of aboriginal elders, community leaders and youth presented the panel with symbols of the land, from jars of wild berries to moose antlers and animal skins.

Gary Oker, of the Doig River First Nation, said the assessment process has been all about the dam project and what it has to offer, but the “cultural feast” presented to the panel serves as a reminder of what the land already offers.

“While you’re here these are the things we want to talk about,” Oker told the three members of the Canadian Environmental Assessment Agency panel that will conduct the joint federal and provincial review.

The panel will spend December and January travelling to hearings in communities throughout the region.

The $7.9-billion hydroelectric dam would be built seven kilometres downstream from Fort St. John in northeastern British Columbia and flood an 83-kilometre stretch of the Peace River upstream, as well as flooding the Moberly River and Halfway River that both feed into the Peace River.

The Crown utility estimated that 30 homes will be flooded, and several landowners in the Peace River valley have formed an environment association to fight the dam.

Some member bands of the Treaty 8 Nations have yet to make official decisions for or against the project, but the Monday welcome left little doubt that many members of the aboriginal community are concerned.

“This project is in the midst of our traditional territories and this project will affect our treaty rights,” Tammy Watson, a councillor with the Saulteau band, told the panel.

“Our community is not ready yet to take a stance on this project but we continue to meet constantly in our community to better understand how this will affect our treaty rights. I welcome you and I hope today you listen with your hearts, as well as your minds.”

The dam would provide enough power for the equivalent of 450,000 homes and is the centrepiece of BC Hydro’s plans for meeting electricity needs over the next 20 years, when the utility anticipates a 40 per cent increase in demand.

Susan Yurkovich, BC Hydro’s senior vice-president, told the panel there has been a lot of work done for the project, including consultations with 40 First Nations in B.C. and downstream in Alberta and the Northwest Territories.

THE CANADIAN PRESS

# Gulp. ‘Foulings’ cause regular evacuations in community pools

Don’t forget that post-pool shower, as water data shows you aren’t the only thing doing the backstroke in Vancouver’s community pools.

Pool “foulings” are a regular occurrence at Hillcrest Community Centre, said supervisor of aquatics Jayne Loutit, causing pool evacuations about three to five times per week. That’s between 160 and 260 times per year.

Foulings include fecal matter, vomit or other bodily fluids.

Sean Healy, supervisor of aquatic services for the park board, said incidents occur in all pools in proportion to the number of users.

“Hillcrest has Vancouver’s busiest pool, and pools with more kids will have more incidents,” Healy said.

There are two procedures for dealing with foulings. If it is formed stool, the water is cleared of people, it’s scooped out, the water is chlorinated and tested and the pool is reopened once it’s safe.

Diarrhea, which Healy says he’s only seen twice in 25 years of lifeguarding, requires “super chlorination” to kill off all water-borne organisms before the pool can reopen.

Vancouver follows water-quality regulations established by the U.S. Centers for Disease Control and Prevention, Healy added.

Vancouver Coastal Health inspects municipal pools two to three times per year, said Karen Rehbein, an environmental health officer. Closures are made based on the presence of a hazard that could result in “injury or illness” to bathers, including vomit or feces, electrical, suction or entrapment hazards, excessive sanitizer or extreme pH levels.

Loutit’s close supervision of the pool water is the main reason the Hillcrest Community Centre has not had any VCH-ordered closures since records were kept online in 2011.

“Lifeguards are usually the first to recognize or to be informed by the public if there is a pool fouling,” she said in an email. BILL EVERITT/FOR METRO

Pool “foulings” are common at local community pools. BILL EVERITT/FOR METRO

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Conrad Black interviews Toronto Mayor Rob Ford on his show on Vision TV. CONTRIBUTED

# Ford to Lord: I'll take a urine test

**Conrad Black interview.** T.O. mayor says police chief had beef over budget cuts

Toronto's embattled mayor claimed in an interview aired Monday evening that some of his recent controversies are rooted in political differences with police Chief Bill Blair over budget cuts he had once requested of all city departments .

"He (Blair) wasn't happy when I told people to find efficiencies. I think he was quite upset at that," Ford said in an interview recorded last week with ex-media mogul Conrad Black which aired Monday evening on Vision TV.

"I definitely think this is political. I think that they use (Sandro) Lisi as a prop to get to me," Ford said.

Blair has previously denied such allegations by stating that his job is to investigate "without fear or favour."

The embattled mayor also told Black he's willing to submit to a urine test to prove he has no drugs or alcohol in his system.

"If they want me to do a drug test, a urine test, I'll do one right now," said Ford.

"If there's any drugs in my system, any alcohol in my system, I have no problem doing that test. I'm feeling better than I ever have, I'm training two hours a day."

Ford added that he is successfully avoiding alcohol because of how his drinking has caused him past embarrassments.

"I haven't had a drop of alcohol in five weeks. I was never an alcoholic. A couple of times I made a fool of myself ... and enough's enough."

Ford also added a new chapter to a long-running feud with the Toronto Star in the interview by claiming reporter Daniel Dale was taking pictures of his children at his home in west-end Toronto in May 2012.

"I have little kids. When a guy's taking pictures of little kids, I don't want to say that word, but you starting thinking you know, what's this guy all about."

Toronto Star editor Michael Cooke said in an email following the program that: "Just when you think Mayor Ford has said the most stupid thing ... he tops himself with another outrage.

"Mr. Ford calling reporter Daniel Dale a pedophile tells you all you need to know about our mayor's brain," Cooke wrote.

Black says Ford should be accorded a full presumption of innocence unless he is justly convicted and "beyond that his accusers should put up or shut up." THE CANADIAN PRESS

# MP files complaint against senator's 'misogynistic attack'

A New Democrat MP has formally lodged a complaint against a Conservative senator for what she describes as a condescending, "misogynistic" personal attack against her.

Charmaine Borg has asked the Speaker of the House of Commons to rule that her ability to do her job as an MP was impeded by a letter sent to her last week from Sen. Jean-Guy Dagenais.

In the letter, which was copied to all MPs, senators and their staff, Dagenais characterized Borg as a whiny, ignorant, useless Quebec MP who was elected by fluke and stands little chance of being re-elected.

Dagenais' letter was sent in response to a flyer Borg sent out in her riding advocating the NDP's long-held belief that the Senate should be abolished.

NDP MP Charmaine Borg
SEAN KILPATRICK/THE CANADIAN PRESS

Borg says she was particularly insulted by Dagenais' suggestion that she should get some books from the parliamentary library to inform herself about the Senate before criticizing the institution.

Borg, who is 23 years old, says that's the kind of "old-school mentality" that discourages young women from entering politics.

"The overall tone of this letter suggests that I am simply a little girl who does not take her work seriously," Borg told the Commons on Monday.

Outside the chamber, Borg called the tone "very misogynistic" and added, "I think if I was an old white man, he wouldn't have attacked me."

The Speaker did not rule immediately on Borg's question of privilege.

In an interview last week, Dagenais said his letter is part of a campaign by some Conservative senators, including Senate Speaker Noel Kinsella, to defend themselves and their institution after taking a year-long drubbing over the Senate expenses scandal.

THE CANADIAN PRESS

**The red planet**

## Mars rover finds ancient lake

NASA's Curiosity rover has uncovered signs of an ancient freshwater lake on Mars that may have teemed with tiny organisms for tens of millions of years, far longer than scientists had imagined, new research suggests.

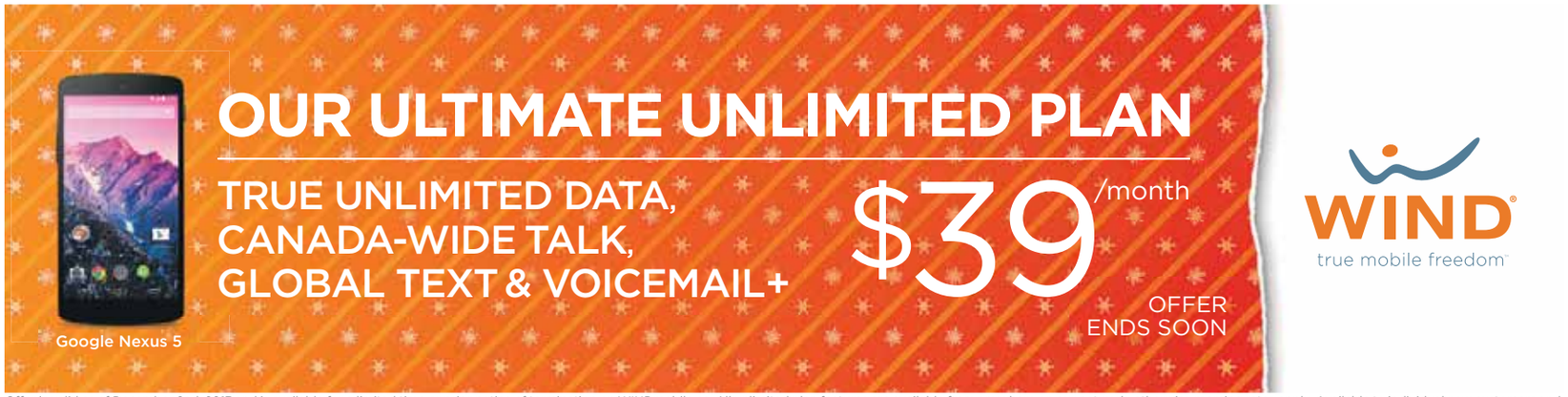
The watering hole near the Martian equator existed about 3.5 billion years ago. Scientists say it was neither salty nor acidic, and contained nutrients — a perfect spot to support microbes.

"This just looks like a pretty darn ordinary Earth-like lake in terms of its chemistry," said project scientist John Grotzinger of the California Institute of Technology. "If you were desperate, you could have a drink of this stuff."

The findings were published online Monday in the journal Science.

THE ASSOCIATED PRESS

A self portrait of the Mars rover, Curiosity
NASA/THE ASSOCIATED PRESS

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A Christian man chases a suspected Seleka officer with a knife in Bangui, Central African Republic, Monday. Christian and Muslim mobs have amplified the violence, going on lynching sprees last week. JEROME DELAY/THE ASSOCIATED PRESS

# Violence in Central African Republic

**Sectarian conflict.** 400 died last week in two days of fighting between Christians and Muslims

Dozens of young men stood waiting for storm clouds to pass in Central African Republic's capital. They spotted a man in a flowing white robe traditionally worn by Muslims, hand-in-hand with his adolescent son.

Hungry for revenge, the crowd descended upon the pair. The man's terrified son broke away and fled on foot, abandoning his father as the knife-wielding mob clutched the middle-aged man.

Muslim rebels known as Seleka overthrew the government of this majority Christian nation nine months ago, sparking mounting sectarian violence that prompted former colonizer France last week to deploy troops to Bangui in an effort to stop the bloodshed.

In a city where more than 400 people died last week in two days of tit-for-tat violence between Christians and Muslims, it was clear Monday there is still enough pent-up rage left that a crowd will try to kill a man on sight.

In this case, French forces intervened just in time, firing into the air as a warning. Other Muslims were not as fortunate. In the Benzvi neighbourhood, a mob descended upon two ex-Seleka leaders leaving their home Monday afternoon.

THE ASSOCIATED PRESS

**Quoted**

**"After the French leave, things will explode."**

Abdel Wahid, Central African Republic resident and Muslim

**Modern-day slavery**

## New RCMP unit to fight human trafficking

The federal public safety minister has announced the creation of an RCMP unit that will work closely with law-enforcement partners in Quebec to fight human trafficking in Canada and abroad.

Steven Blaney says significant progress has been made over the past year but that much work remains to be done on modern-day slavery in Canada. THE CANADIAN PRESS

## Search for survivors

Rescuers search for victims in the wreckage of a commuter train that was derailed after it collided with a fuel tanker truck on the outskirts of Jakarta, Indonesia, Monday. Officials said at least five people were killed and 100 injured. TATAN SYUFLANA/THE ASSOCIATED PRESS

# Celebrating the life of Mandela

## **Memorial.** World leaders to eulogize anti-apartheid icon

South Africa prepared Monday for a massive memorial in a soccer stadium honouring Nelson Mandela, where an eclectic mix of world leaders will eulogize the anti-apartheid icon before a crowd of nearly 100,000 mourners.

As a prelude to the stadium event, United Nations Secretary General Ban Ki-moon and retired Archbishop Desmond Tutu spoke at an event at the Nelson Mandela Centre of Memory Monday night.

"What a fantastic gift God gave to us in this Mandela, who quickly became an icon, a global icon of forgiveness, of generosity of spirit," Tutu said.

At the Soweto stadium where Mandela made his last public appearance at the 2010 World Cup, workers busily constructed a stage protected by bulletproof glass for Tuesday's memorial.

**Security still a concern**

**Police promised "thousands" of officers would secure the stadium for Tuesday's memorial, though security appeared lax Monday.**

Nearly 100 heads of state are expected at the 95,000-capacity FNB Stadium, where some mourners are already camped out to be the first ones inside.

A program released by the South African government showed U.S. President Barack Obama would speak, as would Ban and Chinese Vice-President Li Yuanchao. South African President Jacob Zuma will give the keynote address.

Mandela died Thursday at age 95. After the stadium memorial on Tuesday, Mandela's body will lie in state at the Union Buildings, the seat of government in South Africa's capital, Pretoria, from Wednesday to Friday.

THE ASSOCIATED PRESS

Mac Arthur Mti wears badges for sale with the image of late president Nelson Mandela in Johannesburg, South Africa, on Monday.

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

**Canadian delegation arrives**

## *Workers rush to prepare for memorial*

Clouds hung over Johannesburg as a Canadian delegation arrived Monday to be part of the massive outpouring of grief and celebration following the death of Nelson Mandela.

Prime Minister Stephen Harper smiled and waved to a small gathering of South African and Canadian diplomatic officials as he stepped out of his plane onto a tarmac at Air Force Base Waterkloof, north of the city itself.

The Canadian delegation flew for 18 hours to witness a country both suffering the pain of losing a world-renowned leader and swelling with the pride of having had him as president.

Harper will be joined at the memorial by former prime ministers Brian Mulroney, Jean Chretien, Joe Clark and Kim Campbell.

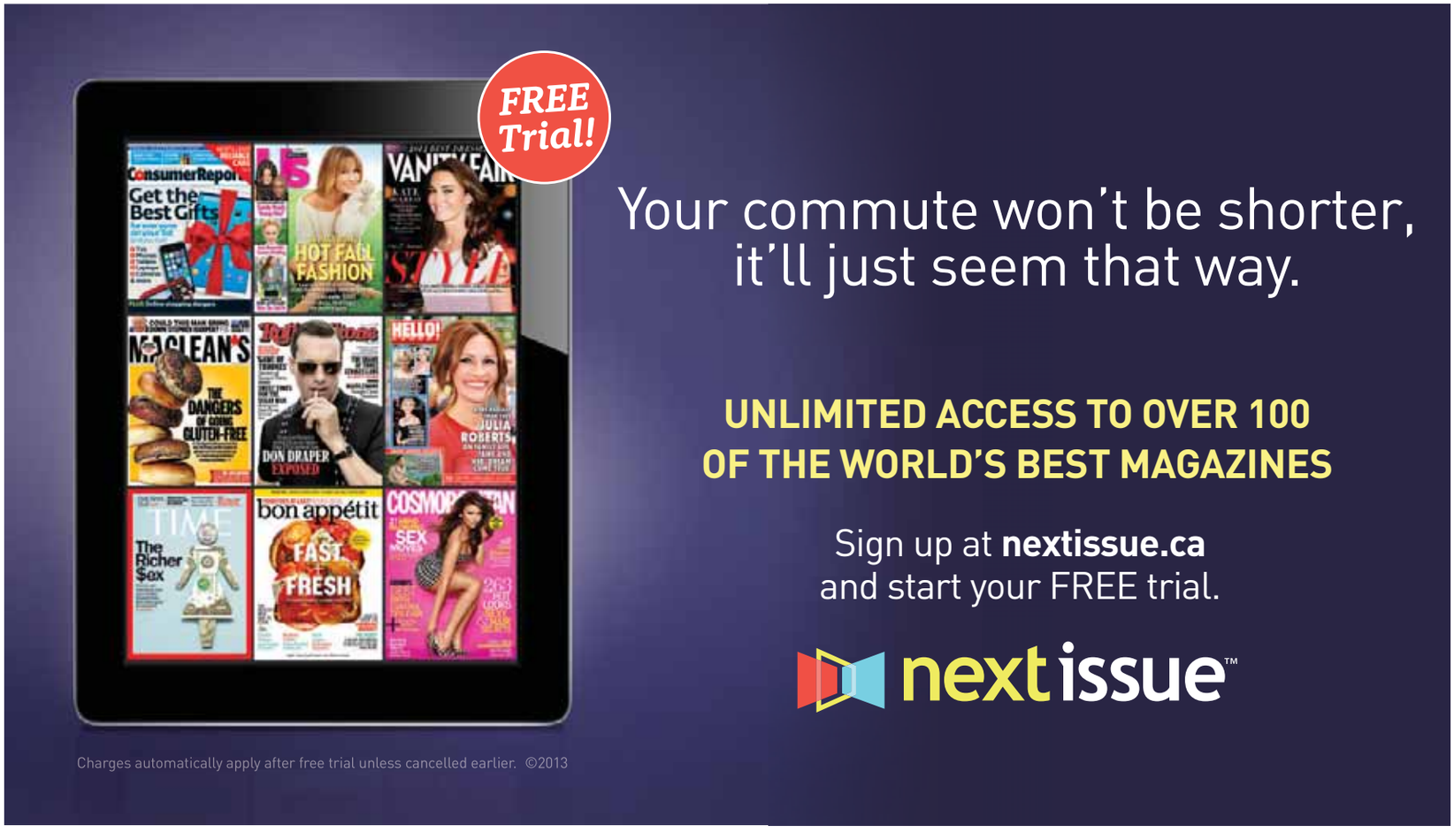
Stephen Harper

"He had a wonderful sense of humour and the most magnificent smile," Mulroney said as he recalled many private meetings with Mandela.

In the 1980s, Mulroney made Canada a key player in the struggle against the apartheid regime that had imprisoned Mandela for 27 years.

Chretien followed up years later when his Liberal government made Mandela an honorary Canadian citizen, a symbol of Canada's respect for the man that still holds today.

THE CANADIAN PRESS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# Report: Spy agencies kept eye on gamers

**NSA leaks.** Documents via Edward Snowden reveal U.S. and U.K. monitored online games

Gamers play a game on the Xbox One console during the Electronics Expo 2013 in June in Los Angeles. New reports reveal American and British intelligence operations were spying on gamers. KEVORK DJANSEZIAN/GETTY IMAGES

American and British intelligence operations have been spying on gamers across the world, media outlets reported, saying that the world's most powerful espionage agencies sent undercover agents into virtual universes to monitor activity in online fantasy games such as World of Warcraft.

Stories carried Monday by The New York Times, the Guardian, and ProPublica said U.S. and U.K. spies have spent years trawling online games for terrorists or informants, spurred by worries such games could serve as a cover for those who could use in-game messaging systems to swap information.

The stories, based on documents leaked by former National Security Agency contractor Edward Snowden, offer an unusual take on America's surveillance campaign, suggesting that even the fantasy worlds popular with kids, teens and escapists of all ages aren't beyond the attention of the NSA and its British counterpart, GCHQ.

THE ASSOCIATED PRESS

**Open letter to Obama**

**Major technology companies, stung by revelations that the U.S. government collects people's personal data on their networks, issued an open letter to President Barack Obama on Monday asking for tighter controls on surveillance.**

**Hockey beats Crackgate**

## Leafs bodycheck Rob Ford off top of Facebook list

Toronto Mayor Rob Ford made headlines around the world but his antics didn't top Facebook Canada's list of the year's top topics. The Toronto Maple Leafs generated the most chatter, while Ford came in fifth.

THE CANADIAN PRESS

**Market Minute**

**DOLLAR** 94.03¢ (+0.19¢)

**TSX** 13,312.78 (+32.06)

**OIL** $97.34 (-$0.31)

**GOLD** $1,234.20 (+$5.20)

**Natural gas:** $4.24 US (+$0.9)
**Dow Jones:** 16,025.53 (+5.33)

# CAN WE DROP THE REAL WOMAN CLICHÉ?

SHE SAYS

**Jessica Napier**
metronews.ca

Last week a stranger asked me if I was expecting; I am not even remotely pregnant, although perhaps this is a sign I should lay off the boxes of holiday chocolates.

It was a harmless mistake I suppose — I think I was resting my hand on my stomach in a suggestive manner — but the incident did get me thinking about our willingness to comment so freely on other people's bodies, despite how inappropriate it might seem.

Bodies, especially female ones, are constantly in the public discourse. Fitness blogger Maria Kang (a.k.a. Fit Mom) caused quite a stir recently after posting a photo on her Facebook page in which she is flaunting her toned abs while surrounded by her three children and posing the question, "What's your excuse?"

Kang's narcissism and her finger-pointing at mothers who might try to justify a few pounds of leftover baby weight clearly didn't sit well with many individuals. And her follow up 'Sorry, I'm not sorry' faux-apologies didn't win her any fans either.

Last week, Kang wrote a piece for Time magazine denouncing what she refers to as "the fat acceptance movement" and arguing that "fit women are real women, too." While her self-righteous, fat-shaming irks me, it's her usage of the "real women" cliché that really gets under my skin.

I am a real woman. I eat a salad every single day for lunch and work out on a regular basis. I also really enjoy pizza and doughnuts. I don't believe in Kate Moss' motto that "nothing tastes as good as skinny feels" because hip bones are never going to be as important to me as artisanal cheeses. But that's just me.

Kate Moss is also a "real" woman and yes, so is Maria Kang — although it's worth noting these particular women often have a little help from Photoshop in their public photos. It's problematic to suggest that some women are more authentic than others.

Not all "real women" have curves and yet we can't seem to escape these sorts of absolutist expressions. Leggy, six-feet-tall supermodels with high cheekbones are still actual human beings — no matter how genetically impossible they might seem.

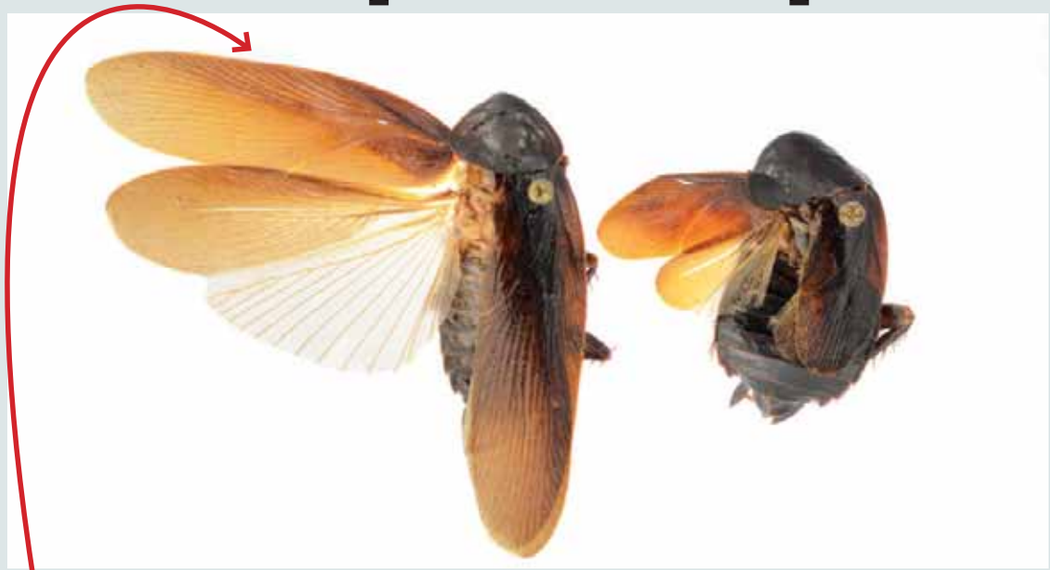
Some people applaud initiatives such as Dove's Real Beauty campaign that try and put "normal" women front and centre in the media, but I have a hard time getting on board with it. Of course I want to see a variety of bodies in mainstream advertising, but labelling them as "real" is just patronizing. Dove might be lauded for their efforts to include a diversity of models in their ads, but the message still elevates appearance over all other human qualities — which is probably understandable since at the end of the day they're still hawking body wash.

I'd love it if we could all stop using the "real women" cliché whenever we talk about bodies that deviate even slightly from the North American beauty ideal. All women, no matter their shape or BMI, are in fact "real" unless they come with a portable inflation pump.

Follow Jessica Napier on Twitter @MetroSheSays

## ZOOM

# Cockroach species turns up in NYC



UNIVERSITY OF FLORIDA/THE ASSOCIATED PRESS

### Invasive insect can withstand winter

The High Line, a park that turned a dilapidated stretch of elevated railway on Manhattan's West Side into one of New York's newest tourist attractions, may have brought a different kind of visitor: A cockroach (pictured) that can withstand harsh, cold winter and has never been seen before in the U.S.

Rutgers University insect biologists Jessica Ware and Dominic Evangelista said the species Periplaneta japonica is well documented in Asia but was never confirmed in the U.S. until now. The scientists, whose findings were published in the Journal of Economic Entomology, say it is too soon to predict the impact but that there is probably little cause for concern.

The newcomer was first spotted in New York in 2012, by an exterminator.

THE ASSOCIATED PRESS

**Critter versus critter**

**"Because this species is very similar to cockroach species that already exist in the urban environment, they likely will compete with each other for space and for food."**

**Dominic Evangelista, Rutgers University insect biologist**
Competition will likely keep the population low, because more time and energy spent competing means less time and energy to devote to reproduction.

**No super species hybrid**

- The scientists suspect the critter was likely a stowaway in the soil of ornamental plants used to adorn the park.
- The likelihood that the new species will mate with the locals is slim, Evangelista says because "The male and female genitalia fit together like a lock and key, and that differs by species."

**Clickbait**

HANNAH ZITNER
hannah.zitner@metronews.ca

**With Kickstarter and Indiegogo leading the way helping thousands of cash-strapped projects get off the ground, it's easy for niche projects to go unnoticed.**
**Not to worry entrepreneurial musicians, gamers and business-folk. You too can get your piece of the pie — you just have to know where to look.**

ISTOCK IMAGES

**Gambitious:**
With pages and pages of gaming projects (video, board, cards, you name it) on mainstream crowdfunding sites, it didn't take a genius to see where the coveted crowd cash lies. Gambitious unites game developers, investors and players to make these games happen.

**Rock The Post:**
Hobby projects need not apply. Rock The Post's niche is revenue-generating business and rejects about 90 per cent of applicants. So, if you just want a bit of cash so you can take your band and hit the road, this might not be for you (but there's hope, keep reading).

**GigFunder:**
Didn't get that artists' grant? GigFunder tries to help touring musicians fund their road trips. (Warning: Haven't seen too many successful campaigns to date.)

**Twitter**

**@metropicks asked: Tamagotchi, a 90s electronic pet, will come back in 2014. What other toys should — or shouldn't — return?**

**@ColinHFX:** MOON. SHOES.

**@nicoleblancPR:** SkipIts! Those things are a hazard!

**@strangerob:** I pity the store clerks who will have to deal with these damn things & the angry parents.

**@turdwrastler:** bring back lawn darts

**@_J_T_V_:** THE JOCK JAMS CD SERIES

**@ArCowx:** I still have mine!

**@SmashSays:** @VivienLily Should I preorder you one? Haha

**@QRefProblems:** Fraggles

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DVD review

## Fast & Furious 6

**Director.** Justin Lin

**Stars.** Vin Diesel, Paul Walker, Dwayne Johnson

●●●○○

The recent tragic car crash death of Paul Walker makes Fast & Furious 6 the last possible film with one of its original main co-stars. It's one of the better sequels — meaning action-packed — of this 12-year-old franchise. Directed once again by a steadily improving Justin Lin (he also helmed chapters 3, 4 and 5), the film reunites the ol' gang of hot wheelers just when they think they've made it to early retirement. Walker's Brian O'Conner and Vin Diesel's Dominic Toretto are obliged to put down their pina coladas and rev their engines for a predictably ridiculous story about stopping a badass band of mercenary drivers. Joining the fray are Dwayne Johnson, Michelle Rodriguez, Jordana Brewster, Tyrese Gibson, Sung Kang and Chris "Ludacris" Bridges. Will you believe that a sports car can speed out of a crashing cargo jet? No, but it's fun to watch, although you may get misty-eyed over the scenes involving Walker.

PETER HOWELL

# Sounds for the season

If you've been to the mall recently, you know it's beginning to sound a lot like Christmas. We understand if you've hit Jingle Bell Rock-bottom, but if you haven't, here are some festive sound suggestions.

**PAT HEALY**
Metro World News in Boston

## Wrapped in Red: Kelly Clarkson

Listening to the first three songs on Kelly Clarkson's new holiday release is a lot like getting a detailed Christmas card from a good friend who you haven't thought of in a while. It's one part "Oh, hey, so that's what you've been up to" and one part "Oh, right, this is why I like you!" But if you keep listening it's a little bit like hanging out with that old friend for a long weekend. You get traces of "Oh yeah, that's what kinda always bugged me about you." Yes, her voice is every bit as remarkable as it was when she won the first American Idol. The highlight may actually be an original song, Winter Dreams (Brandon's Song), which she wrote for her husband.

## A Mary Christmas: Mary J. Blige

Upon first glance, this album looks like such a no-brainer that you wonder why this didn't happen way sooner. Mary's soulful voice and that punny title are holiday gold, right? Not quite. Mary does sound great, but pianist and producer David Foster — best known for creating the Celine Dion sound and the Josh Groban sound — gives the whole collection too much of the Celine Dion sound and the Josh Groban sound. Maybe this compilation really should have happened sooner, and without David Foster.

## Duck the Halls: The Robertsons

My initial reaction to any musical output from the family behind Duck Dynasty is one of "who let this happen?" But the weird thing is, it's actually pretty good. Kicking off with Ragin' Cajun Redneck Christmas, a song that Willie Robertson actually co-wrote, is a rootin' tootin' good time. Sure, they have plenty of hired hands from the country music genre helping out, but this is a fun album.

## Psych-Out Christmas: Various Artists

The album cover features Santa with a spliff in his mouth, so it's no stretch to say this 17-song compilation is a real trip. It's contemporary psychedelic indie acts like Psychic Ills and Quintron and Miss Pussycat alongside veterans like Iggy Pop, providing mostly sincere — if not a little hazy — takes on holiday classics. Sleepy Sun's re-imagining of What Child is This? is so epic you'll feel as high as the star (or angel) atop your tree and want to see the figurines of the nativity set rocking out to it.

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colour in your life

# Why Big Ang is (mostly) for real

**Living large.** Apart from the obvious, the Mob Wives star doesn't know how to be fake

ALEXANDRA CAVALLO
Metro World News

In reality TV, everything is larger than life — big drama, big personalities and, well, big boobs. Mob Wives star Angela "Big Ang" Raiola fits that bill, and hers are bigger than most.

If you ask Ang, she actually doesn't care for the drama. But good times, plastic surgery and booze — she just came out with her own line of wines, Big Ang Wines — are a different story. We got Ang and longtime family friend and Mob Wives producer Jenn Graziano (sister of cast member Renee Graziano) on the line to ask them a few questions about the show, which is now in its fourth season.

Angela "Big Ang" Raiola is one of the stars of Mob Wives. GETTY IMAGES

**Ang, when Jenn asked you to be on the show, what was your initial reaction?**

**Ang:** I was very nervous. When she said, "We're going to put you on TV," I thought, there is no way, I don't know how to do that.

**Jenn:** She exploded immediately. It was like instant fame, instant stardom. They all loved her right away. We knew what was going to happen, she didn't believe but we did.

**From what we see on the show, your personality is larger than life. How much of this is real and how much is you putting it on for the cameras?**

**Ang:** All of it, it really is all true stuff. I am like that.

**Jenn:** One hundred per cent. I don't think Ang knows how to be fake.

**Ang:** That's me everyday. That's been me my whole life. Always working in bars, you have to have that personality all the way.

**Is everything that happens on the show real?**

**Ang:** Oh no, our show is very real. Sometimes a little TOO real.

**Jenn:** Yeah, she's right. Sometimes we wish those things weren't really happening. But they are. We really follow what's going on in their lives. And obviously we can't follow everything so we pick and choose what we think the viewers would want to see sometimes, but really this is what's going on, when the girls are fighting on camera, they are really fighting off camera too. When they're getting along, they are really getting along.

**Was it hard at first, Ang, putting your life on TV? Was that a major adjustment?**

**Ang:** It was hard when my son had his problems and it was on TV… but maybe it could help another kid.

**Have you had any backlash from the show? When Jersey Shore came out, people from Jersey were furious about how they were portrayed.**

**Ang:** Honestly, I think everyone in Staten Island likes us. Maybe there are a couple of haters, but no one important. All the important people are proud of us.

**Review**

**Blackbar**

**By Neven Mrgan and James Moore**

**iPhone/iPad/Android**

**MIND THE APP**
Kris Abel
@RealKrisAbel
scene@metronews.ca

With their letters censored by a sinister authority, two friends must constantly invent covert ways to communicate. To follow along you have to type in their redacted words, guessing at what's being said and treating each page like a riddle. As the codes become more complex the story remains witty and moving, a sharp reminder of the freedom privacy protects.

# The vote is split on 2013's best flick

**Anyone's awards.** There was no critic consensus in L.A. this weekend, making Oscar predictions tough

The Los Angeles Film Critics Association split between the space odyssey Gravity and the futuristic romance Her, lending no more certainty to an awards season that's so far been full of contenders.

The two films shared best picture in the awards announced Sunday by the L.A. critics, but Gravity was the top award-winner. The innovatively made, lost-in-space drama won for best director (Alfonso Cuaron), best editing (Cuaron and Mark Sanger) and best cinematography (Emmanuel Lubezki).

Her, which is about a man (Joaquin Phoenix) who falls in love with his computer operating system (voiced by Scarlet Johansson), also won for K.K. Barrett's sleek, near-future production design. But the critics otherwise spread the honours around.

Dual winners were the theme. Best actress was shared by Cate Blanchett for her fallen socialite in Woody Allen's Blue Jasmine, and Adele Exarchopoulos for the lesbian coming-of-age tale Blue Is the Warmest Color. (The later film also won for best foreign language film.)

Gravity shared the best picture award with Her at the Los Angeles Film Critics Association awards Sunday. CONTRIBUTED

Best supporting actor was also a two-fer, with the group jointly honouring Jared Leto's performance as an HIV-positive transsexual in Dallas Buyers Club and, more surprisingly, James Franco's performance as the cornrowed gangster Alien in Spring Breakers.

Best actor went to Bruce Dern for his performance in Alexander Payne's father-son road trip Nebraska. Last year, the LA critics chose as best picture Michael Haneke's aging drama Amour, which went on to win the Oscar for best foreign language film.

The association, a group of several dozen film critics, will hand out the awards in a Jan. 11 ceremony in Los Angeles.

Hollywood's awards season continues on Wednesday with the Screen Actors Guild nominations, followed Thursday by the Golden Globe nominations.

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Could Miley be the Person of the Year?*

PAT HEALY
Metro World News

Time magazine's managing editor Nancy Gibbs announced the shortlist for Person of the Year on the Today show yesterday and one inclusion may surprise you: Miley Cyrus.

Yes, the person most famous for twerking all over our TV screens is in the running with President Obama, Pope Francis, Amazon founder Jeff Bezos, Syria's President Bashar Assad, Iran's President Hassan Rouhani, Texas Sen. Ted Cruz, Secretary of Health and Human Services Kathleen Sebelius, Edward Snowden and gay rights activist Edith Windsor for the title.

"Power is not just political. It can be cultural, it can be spiritual. She came in like a wrecking ball, literally," Gibbs said, trying desperately to have this make sense.

"At a time when you're living with an explosion of exhibitionism since we all now carry cameras with us at all times, she is a symbol of the way we live."

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# Keeping pounds off with healthy holiday drinking

**Sipping celebrations.** The Food Babe weighs in on what to avoid when you're attending those multiple holiday shindigs

ANDREA PARK
Metro World News

Celebrate all you want — just do it responsibly. ISTOCK PHOTOS

Holiday parties are filled with good cheer, friends and of course, plenty of booze. Maybe you're looking for the cocktail or beer that will do the least damage to your body? Activist and blogger Vani Hari, also known as the Food Babe, talked to Metro about how to pick your poison during the holidays.

**Beer**

You'd be surprised by the "extras" some manufacturers add to your favorite beers. Hari called individual companies to ask for ingredient lists and found that some beers contain ingredients like corn syrup and caramel coloring. Caramel coloring is known to be carcinogenic. It contains a chemical called 4-methylimidazole, which has been linked to cancer in animals. Hari said beer manufacturers use caramel colouring to give the beers a "deep golden brown" colour that is typically achieved by using high quality hops. Newcastle is one brand that uses caramel coloring in its beers.

Hari said some of the mass-produced beers that have corn syrup in their ingredients list include Corona, Miller, Coors, Pabst Blue Ribbon and Red Stripe. Heineken, Amstel and Sierra Nevada are a few popular brands that do not use genetically modified ingredients or other unsavory additives.

Even so, Hari recommended seeking out beers from local microbreweries first.

"Those smaller breweries are generally not using the crazy additives that other companies use to save money or produce faster," she said.

**Go easy**

**Of course, the healthiest way to go is to avoid drinking when possible.**

- **A simple solution.** "You don't have to drink at every holiday party," said Hari. "If you have five parties in a week, don't feel like you have to drink at all of them. A club soda with lime on the rocks looks like a vodka tonic so you can blend in."

**Wine**

Not all wines are created equal. Hari said some wines are produced with poor quality grapes and can include preservatives, additives and sulfites. Sulfites have been linked with allergic reactions and asthma. Hari suggested buying organic wines, which eliminate exposure to pesticides and other additives.

She likes drinking biodynamic wines by Frey and Robert Sinskey. "They take it up another notch by making wines that are biodynamic," said Hari. "You're not just drinking organic wine, but wine that's also environmentally friendly."

**Hard alcohol**

Again, Hari urged consumers to buy organic hard alcohol, as it's impossible to simply check an ingredients label for additives. "You're also not going to have genetically engineered corn or soy in the organic versions of liquors," said Hari.

Hari said your best bet is to go for the simplest spirits — flavored ones may contain artificial or natural flavors that can include a range of substances, including castoreum, which is sometimes derived from beavers' anal glands.

Agave plants are not sprayed with pesticides as much as other plants, thus agave-derived liquors like 100 per cent agave tequila (Patron is one brand) are "very clean," according to Hari.

As far as navigating cocktails at holiday parties, Hari said it's best to go for unflavored mixers as well, like soda water or 100 per cent juices.

"Stay simple," she said. "Juice is way better for you than Pina Colada or Bloody Mary mix. The holidays are a time to have a good time and let loose, so just minimize the damage by trying to pick the best drinks."

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Half off

## *Half off: Active lifestyles*

You can still find ways to be active when the weather changes. ISTOCK PHOTOS

Ten weeks ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Elisha wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

Living an active life means being active in lots of real life ways, not just pumping iron or clocking miles on a treadmill. For Dacey, being active means clearing the driveway after it snows — and burning well over 300 calories per hour.

While she is doing her weights program two to three times a week ("some weeks are better than others") Dacey has become more active in other ways too. For example, she walks her daughter to school some days (rather than driving). When she goes to work, she parks in a parking garage a couple of floors up so she has to take the stairs.

Cieciwa says incorporating more activity into your life this way is a bonus — and the more the better. But he cautions that it's not a replacement for a structured workout.

He recommends fitness programs that are targeted at raising heart rates, creating balanced bodies, and putting more physical stress on the body. Check out the weights program that Jordan created for Elisha on the Half Off blog at metronews.ca/voices/half-off/

YLVA VAN BUUREN/FOR METRO

# Give gifts from the heart this season

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health magazine, we rounded up some beautiful and practical gift ideas, all with a healthy twist. Pick up the issue to find a roundup of items that cover all four of our healthy pillars: Look Great, Get Healthy, Eat Well and Embrace Life.

But we also suggest gifts like donating your time and giving to a charitable organization. According to research from the University of Exeter Medical School in the U.K., volunteering can improve mental health and help you live longer.

Here are three charitable gift ideas.

**Plan Canada Gifts of Hope Newborn Checkup, $30.**

Open your heart and wallet. ISTOCK PHOTOS

This home visit will check in with a mom and newborn within the first three days of birth — a crucial time to ensure that baby is thriving and mom is recovering well. Go to plancanada.ca/gifts for more information.

**Toms One For One Program.** For every pair of Toms shoes purchased, the company will donate a pair to a child in need.

The company currently donates shoes to people in more than 60 countries. Browse styles and find a retailer near you at toms.ca.

**World Vision Christmas Ornament Set (Trio), $85.** Give a holiday gift that supports African entrepreneurs. One ornament set includes an African water buffalo, a giraffe and an elephant, all made from wire and beads and handcrafted by Kenyan artisans who received a World Vision micro-loan to start their business. For more information, go to worldvision.ca/gifts.

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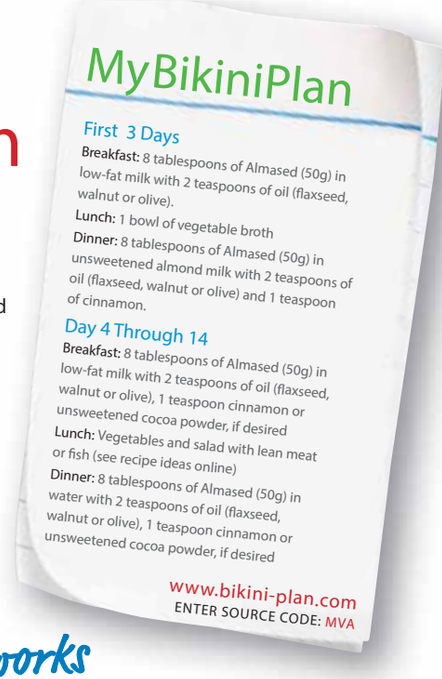
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# Doubling the oats makes them breakfast food, right?

This recipe makes three dozen cookies. MATTHEW MEAD/ THE ASSOCIATED PRESS

Many people would balk at the idea of eating holiday cookies for breakfast, but this recipe might make you reconsider. These Double-the-Oats Oatmeal Cookies are so jammed with oats that eating them is like enjoying a morning bowl of oatmeal in the form of a cookie.

**1.** Heat oven to 350 F. Line a baking sheet with kitchen parchment.

**2.** In bowl, whisk eggs and vanilla until frothy. Add both sugars and the oil. Mix until creamy in appearance.

**3.** In bowl, whisk the flour, baking soda, cinnamon, cardamom and salt. Add to sugar and egg mix and mix until completely combined. Mix in 2 cups oats, then cherries and pecans. Add the remaining 1 1/2 cups of oats and mix well. The batter will be stiff.

**4.** Working in batches, use teaspoon to drop dough on prepared sheet, leaving about 2 inches between cookies. Bake 15 minutes, or until golden brown and still soft at centre. Cool 2 minutes on baking sheet, then use spatula to transfer to rack to cool completely.

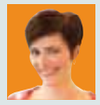
THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.

**Ingredients**

- 2 eggs
- 1 tbsp vanilla extract
- 1 cup dark brown sugar
- 1/2 cup granulated sugar
- 1 cup vegetable oil
- 1 1/2 cups all-purpose flour, sifted
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 tsp ground cardamom
- 1/2 tsp salt
- 3 1/2 cups old-fashioned rolled oats, divided
- 1 1/3 cups dried cherries
- 1 generous cup pecan halves, coarsely chopped

**Health Solutions**

## Let the loafing begin



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is loaf season!

And I do not mean the kind of loaf you do on the sofa. I mean the kind you bake a stack of, wrap up and take to every party as a hostess gift.

Banana loaf can be so ho hum but to add a little ho ho ho, think about stirring in one or some of these ingredients:

- Chopped Medjool dates
- Crushed candy canes
- Chocolate covered espresso beans (placed on top when loaf is half baked)
- Grated zucchini
- Chopped pieces of brie with grated apples
- Cocoa nibs
- Hemp seeds
- Pineapple chunks
- Hot peppers and lime juice (to make a more savoury loaf)

There is no reason the holidays have to be unhealthy or boring. Just a few simple jazzy bits can make all the difference.

Remember to wrap your loaf in plastic and tie it with a pretty ribbon. Everyone likes an edible gift (that they can re-gift and look like a star even though they didn't do a darned thing!).

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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# Be prepared for the Xmas work party tightrope

**Eat more, drink less.** Gratitude, discipline, light flirting and being yourself is a great start but always remember it's not just some bar, it's your office

JULIA FURLAN
Metro World News

Enjoy! But avoid getting too drunk and making a scene. ISTOCK

Sure, the halls are decked and there's an array of festive booze ready to be guzzled, but an office holiday party is a ruse. In fact, "office" matters a lot more than "party" in the grand significance of the event. If you're smart, you can make an office holiday party good for your career (and have a little fun, too).

Karen Elizaga is an executive coach and author of Find Your Sweet Spot: A Guide to Personal and Professional Excellence, and she says that it's important to walk into the holiday bonanza with a certain amount of decorum. "It's certainly a time to celebrate with your colleagues, but it's definitely not a time for payback," she advises. "I tend to think of these parties as a work event, so I go prepared."

Preparedness doesn't mean arriving with a Santa beer helmet or a naughty little elf outfit. A holiday party is an internal networking event, Elizaga says, so she recommends you walk in with a few topics of conversation prepared — and never on an empty stomach. "If you show up well-fed, the chances of you doing something crazy is much less. Watch your alcohol intake."

As the founder of the catering and event planning company Between the Bread, Ricky Eisen may have a different perspective from Elizaga, but her first piece of advice is the same: "Don't drink too much."

She also says there's no classier move than for employees to thank the person who planned the party. And if the tinsel and holly aren't really your style, don't mention it, Eisen says. "Respect the effort of the person who put it together, whether or not it's the kind of party you would throw."

Both experts agree on one thing: It's about the people. "You want people to see your personality. It might not shine through (at work) when you're so focused and serious," Elizaga says. Most importantly, just because you're not shotgunning beers doesn't mean you can't revel in the festive spirit: "Make sure you have fun." she says. Here's some tips to use by the punch bowl ...

**Network**
"An office party is such a great time to make those connections," Elizaga advises. "Somebody who works outside of your immediate vicinity or who you want to pay special gratitude to because they helped you get something done — it's a really great time to connect."

**Be aware of monopolizing people's time**
"There may be somebody you want to talk to because you think they can help you professionally, but understand that they want to talk to other people, too. Be cognizant of the time that you're taking," Elizaga reminds revelers.

**Say thanks**
"If you're attending, make sure you go over to the person who planned it and thank them. I think that goes a huge long way to showing that you have manners and proper etiquette," Eisen suggests.

**You can flirt, cautiously**
"I think it's perfectly acceptable to make a connection with somebody you've had your eye on at work. But be guided by what's appropriate. This is not some random bar or party you're at. This is your office," Elizaga says.

Budgeting

## *Make holiday shopping a teachable moment*

YOUR MONEY
Alison Griffiths
money@metronews.ca

Talk about humbug! I've never heard so many parents grousing about the holiday season and especially about shopping. I feel it's my duty to put the sparkle back in the spirit of the holidays. So, instead of dreading hours at the mall, enlist your little darlings to do as much as possible. Allowing them to take the holiday lead offers the best kind of financial literacy teachable moment. Here's how to set off on the right (and least stressful) foot.

**The list**
Whether it is done via an app or on the back of an envelope, the list is the cornerstone of smart shopping. Children easily get distracted once in the stores; lists keep them focused. Younger children can dress up their lists with a photo of the desired gift next to the person's name. Don't hover, Mom and Dad! Help out with names for their list, then allow them to come up with ideas on their own.

Older kids can use one of the many apps available such as Gift List, My Christmas Shop and Christmas List. They are all well rated and suitable for adolescents through teens. Most keep a running spending total.

**The budget**
Like macaroni needs cheese, a list needs a budget. Just as children learn language through repetition and context, so they will come to understand they can afford a pair of argyle socks for Grandpa but not an argyle cashmere sweater. Have older kids do some online price research and surf for coupons and deals. This is the kind of tech challenge most will enjoy. Encourage homemade gifts for all ages. Again, let them do as much as possible. Kids are natural-born creators.

**The shopping**
One word — organization. There's still plenty of time. Take two or three shorter shopping trips rather than an all-day marathon. Match the amount spent with what is budgeted. Apps will help with this. Have kids ask for gift receipts, and remember not to micro-manage.

Give children financial responsibility and it won't take long before they help make holiday shopping a more pleasurable experience.

Children are easily distracted in stores, but lists can help keep them focused. ISTOCK

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#NEWCAREER

Former Canuck Manny Malhotra returned to Rogers Arena on Monday night as a member of the Hurricanes. ELSA/GETTY IMAGES

# Malhotra returns to Rogers Arena

**NHL.** Ex-Canucks centre and fan favourite came to town Monday night with the Hurricanes

CAM TUCKER
cam.tucker@metronews.ca

The days ticked away and Manny Malhotra didn't know if he'd get a phone call for another NHL contract or even get a tryout.

"In the summer not getting the call for a training-camp opportunity, not getting a contract, obviously you start to think about things," Malhotra told reporters in Vancouver, as per audio on the Carolina Hurricanes' website.

"But I knew in my heart that just staying with it … that when I got the opportunity, I'd be ready to go."

The former Vancouver Canucks centre made his return to Rogers Arena for the first time as a member of the Hurricanes.

He was struck in the eye by a puck on March 16, 2011, toward the end of his first season in Vancouver.

He made a comeback in the Stanley Cup Final and played almost the full 2011-12 season. In between the final and the next season, he underwent an unknown number of operations on his injured eye.

His lockout-shortened season was cut even shorter when Canucks general manager Mike Gillis, citing a concern for the player's safety, put him on injured reserve after nine games.

He remained in the organization, but his playing career with the Canucks was over.

The summer months passed. Nothing.

Then came a professional tryout from the Charlotte Checkers, the Hurricanes' farm team, at the start of October. Later that month, he signed a two-way deal with the Hurricanes.

His comeback — at the age of 33 — was completed on Nov. 5, when he scored in overtime to lift the Hurricanes past the Philadelphia Flyers.

"I'm very grateful," said Malhotra. "That was just the opportunity I needed."

**Vancouver 2, Carolina 0**

## *Canucks win 5th in a row*

The Vancouver Canucks defeated the Carolina Hurricanes 2-0 at Rogers Arena on Monday night.

That gives the Canucks five straight wins — a season best streak for them. They also move to within one point of the L.A. Kings for third in the Pacific Division.

Back-up goalie Eddie Lack recorded his first career shutout, making 31 saves.

Chris Tanev scored to give the Canucks the lead in the first period, on a wrist shot from the point. Jannik Hansen scored into an empty net late in the third period to secure the win.

# CFL. Important decisions lie ahead of Lions head coach

Mike Benevides will allow himself some downtime over the Christmas season, but the B.C. Lions head coach maintains plenty of work is left before he can sign off on the 2013 football season.

For starters, the process of finding a new defensive co-ordinator and offensive co-ordinators — the Lions let go of Rich Stubler on Saturday and Jacques Chapdelaine last month — has already begun, although Benevides said the timeline to hire applicants to those now vacant positions remains "wide open."

The decisions before Benevides are critical, as he will enter his third season as head coach and the team looks to rebound from an inconsistent campaign that ended in a playoff loss. "It's always important because the people you surround yourself with make an organization great," he said.

The club has an interest in Paul LaPolice, who became a football analyst with TSN when the Winnipeg Blue Bombers fired him as head coach in August of 2012. He had helped guide the Blue Bombers to a Grey Cup appearance the year before.

His football acumen and coaching services aren't just coveted by the Lions. The Alouettes, at least based on a report in the Montreal Gazette last month, also made contact with LaPolice for their offensive co-ordinator position.

"As we go through this process, he's going to have to go through (his own) decision-making process," said Benevides.

Mark Washington, the Lions defensive backs coach of six years following five seasons in B.C. as a player, is in the running for the defensive co-ordinator spot, a promotion within the organization.

"There's still lots to be done," said Benevides.

CAM TUCKER/METRO

## Horoscopes

### ♈ Aries
**March 21 - April 20**
Avoid wishful thinking today. Cosmic activity in areas of your chart that deal with self-deception could lead to silly mistakes. Reality is what it is. There is no need to embellish it or wish it were something different.

### ♉ Taurus
**April 21 - May 21**
Be careful what you say if someone asks for advice. Make sure what you tell them comes from your experience and is not something you picked up from an unreliable source.

### ♊ Gemini
**May 22 - June 21**
You seem to be getting through a lot of work, which is good. But you won't be able to keep up this pace. Think of ways you can ease back a little. You need to stay sharp, both mentally and physically.

### ♋ Cancer
**June 22 - July 23**
You don't lack for confidence or ideas but there is a danger today that you could mislead yourself about the true state of your affairs. Think positive by all means but don't let wishful thinking take a hold on you.

### ♌ Leo
**July 24 - Aug. 23**
Sit down and have a heart-to-heart talk with someone you care for. A lot has been said and done in recent days, and the time has come to clear the air. Be honest about your feelings.

### ♍ Virgo
**Aug. 24 - Sept. 23**
You are in a carefree mood and should cheer up loved ones who do not share your happy-go-lucky outlook. You can't change the world but you can make people smile.

### ♎ Libra
**Sept. 24 - Oct. 23**
Can you trust your senses? Most of the time. But today you would be wise to question what your eyes and ears tell you. Are you seeing and hearing what's really there?

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Start something new. Yes, you have failed to follow through so many times in the past but this time will be different. What happened to all those big ideas you had? They're still there.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Your mind may be bubbling with a dozen great ideas but if you try to follow them all, you will get nowhere fast. Decide what is the one aim that means the most to you then put your heart and soul into it.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
Make sure you deal only with people who are original today. Some of their ideas may be a little way out for your more traditional tastes but no matter, they will encourage you to try a few creative tricks of your own.

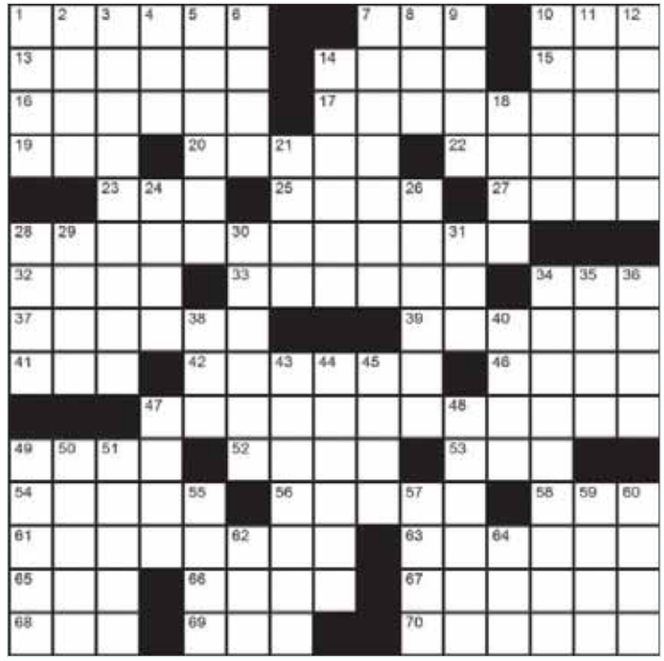
### ♒ Aquarius
**Jan. 21 - Feb. 19**
Bring your plans up to date. Sit down with a pen and paper, and write down your top three objectives. Then map out how you are going to get from where you are now to where you want to be.

### ♓ Pisces
**Feb. 20 - March 20**
If you are thinking of taking a trip, that's good, but keep your plans flexible. Last minute changes are more likely than not over the next 24 hours, so be prepared. **SALLY BROMPTON**

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

**BY KELLY ANN BUCHANAN**



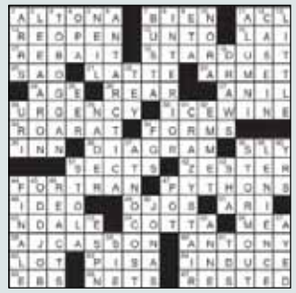
**Across**

1. Return to a place: 2 wds.
7. Wildebeest
10. Ferrell's festive flick
13. "The Middle" star Patricia
14. Pictured
15. Ms. Leoni
16. Use sticky stuff then decide to peel away from it
17. Valley on Vancouver Island; also, a beautiful sweater from there
19. Crop
20. Persist
22. An 'it'
23. Here: French
25. Associations [abbr.]
27. Pretends
28. Lake Manicouagan in Quebec is ring-shaped because it's a what from 215 million years ago?: 2 wds.
32. Car's need
33. Canadian author Mr. Choy
34. "__, _ don't." (Retort to "Yes, you do.")
37. "The ___ Know" by Collective Soul
39. Nice
41. Nav. designation
42. "Clever fellow!": 2 wds.
46. Has to pay
47. Leader of the Green Party of Canada: 2 wds.
49. Gumbo ingredient
52. Pre-midnight, __ _'clock
53. One: Spanish
54. De-crease
56. Repenters
58. Tea, in Tadoussac
61. English folklore hero: 2 wds.
63. Old Testament's Book of __
65. Disney deer
66. Latin hymn: "Dies __"
67. Aviators
68. Actor Mr. Shepard
69. No __ intended
70. __ identity

**Down**

1. Ra's al __ (Batman foe)
2. Prefix meaning 'Wine'
3. Kilt-wearing musicians
4. Nfld's ocean
5. Daytime talk host Katie
6. Human 'cap' site
7. Hannah __, Canadian singer
8. __ and improved
9. Division
10. Moral principle
11. Resembled the Tower of Pisa
12. Dracula costume must-haves
14. Move along quickly
18. Overdo, as steak
21. __-Cola
24. Ring up
26. Stuff with food
28. "Don't mind __ __ do." (That'd be great for us)
29. Subatomic particle
30. Dusky
31. WSW opposite
34. Mary, on December 25th, way back when: 2 wds.
35. Vitamins brand, __ _ Day
36. __-bitsy
38. Internet hookup letters
40. Mindy of "The Facts of Life"
43. Canada's men's Olympic hockey team GM, Steve __
44. "The Blue __" by Johann Strauss
45. Hautbois
47. Direction
48. Scrap
49. Chose
50. Sweden's money
51. House-selling company
55. Boat
57. Sporty whistle blowers
59. Present
60. Once, poetically
62. South American country, for short
64. __-Tac-Toe

## Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | | | | | | 5 | 1 | |
| 1 | | | | 9 | 4 | | 7 | |
| | 9 | | | | | | | |
| | | | 3 | | 8 | 4 | | |
| | 5 | 3 | 6 | | 7 | 1 | 8 | |
| | | 6 | 9 | | 2 | | | |
| | | | | | | | 5 | |
| | 6 | | 8 | 3 | | | | 1 |
| | 4 | 2 | | | | | | 3 |

## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 4 | 8 | 2 | 9 | 3 | 1 | 7 | 5 |
| 1 | 5 | 2 | 4 | 7 | 6 | 9 | 3 | 8 |
| 3 | 9 | 7 | 5 | 1 | 8 | 2 | 4 | 6 |
| 9 | 8 | 3 | 1 | 6 | 4 | 7 | 5 | 2 |
| 5 | 1 | 4 | 7 | 2 | 9 | 8 | 6 | 3 |
| 7 | 2 | 6 | 3 | 8 | 5 | 4 | 9 | 1 |
| 4 | 6 | 9 | 8 | 3 | 1 | 5 | 2 | 7 |
| 2 | 3 | 1 | 9 | 5 | 7 | 6 | 8 | 4 |
| 8 | 7 | 5 | 6 | 4 | 2 | 3 | 1 | 9 |

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